

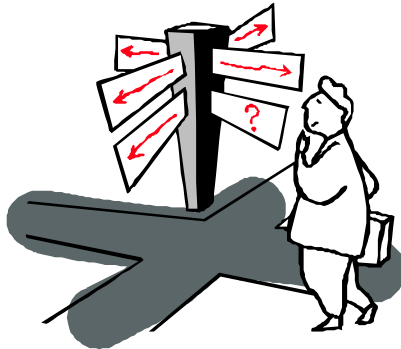


COMMANDER NAVY REGION HAWAII

SAFETY NEWSLETTER

APRIL 2004

www.hawaii.navy.mil/Safety/index.htm



WHAT CAN WE DO?

As you should all know by now, Secretary of the Navy is pushing for a 50% reduction in mishaps by the end of FY05. The 10 leading causes of disabling workplace injuries account for 86 percent of the estimated \$40 billion in wage and medical payments made to workers injured on the job in 1999, the last year for which data is available.

We know the leading causes, we have the training needed to ensure a reduction. Let's work as a team and reduce the mishaps. Let's lead the way to make the Navy numbers the lowest for all military services.

Rank	Injury Cause	Percentage of total direct costs:	Estimated direct cost nationwide:
1	Overexertion ¹	25.5 %	\$10.3 billion
2	Fall on same level	11.5 %	\$4.6 billion
3	Bodily reaction ²	9.4 %	\$3.8 billion
4	Fall to lower level	9.2 %	\$3.7 billion
5	Struck by object ³	8.5 %	\$3.4 billion
6	Repetitive motion ⁴	6.7 %	\$2.7 billion
7	Highway accidents	5.9 %	\$2.4 billion
8	Struck against object ⁵	4.3 %	\$1.7 billion
9	Caught in or compressed by equipment	4.1 %	\$1.6 billion
10	Contact w/ temp. extremes	1.0 %	\$.4 billion
Top 10		86.1 %	\$34.60 billion
All Injuries		100.0 %	\$40.1 billion

¹Injuries from excessive lifting, pulling, holding, carrying or throwing of an object. ²Injuries that result from a single incident of free body motion (bending, climbing, and slipping or tripping without falling). ³Such as a tool falling on a worker from above. ⁴Injuries due to repetitive stress or strain. ⁵Such as a worker walking into a doorframe.



THE ADVENTURES OF BUCKET MAN

Allow me to introduce you to "Bucket Man," the self-proclaimed archenemy of every sturdy stepladder in the business. Cursed with a low stature, he is forced to travel the globe painting crown molding with little more than a spray paint machine and a trio of five-gallon paint buckets.

According to our informant, this guy even "walked the buckets around the entire room, painting as he went, and it was obvious he had been doing it that way for a long time." My first thoughts were, boy, I'd sure like to know how he got up there, and how on earth he walked the buckets around. I'm sure you're wondering the same thing.

Well, friends, before you start to admire our nimble nincompoop for his circus-like feat, consider the precarious position he's placed himself in. If he loses his balance or if one of the plastic bucket tops caves in, he's in for a world of hurt.

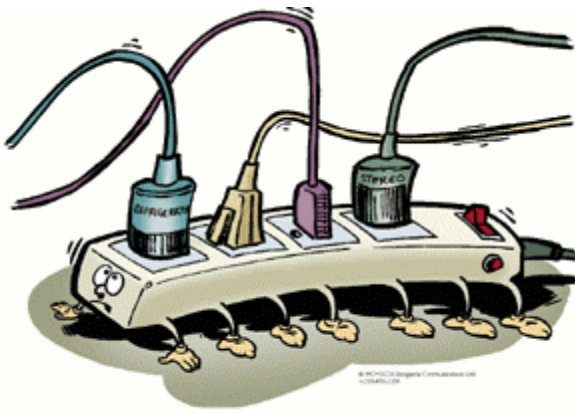
Make sure you use the right tool for the job. Take the time to do your job safe and right the first time.

Dumping Waste Antifreeze is Illegal

Waste antifreeze may contain heavy metals such as lead, cadmium, and chromium in high enough levels to make it a regulated hazardous waste. A hazardous waste may never be dumped on land or discharged into a sanitary sewer, storm drain, ditch, dry well or septic system.



Waste antifreeze should never be disposed of down storm drains or into surface waters because it causes serious water quality problems and may harm people, pets or wildlife. Doing so is illegal and punishable by fines of up to \$25,000.



during our visit. When visiting the site at www.hawaii.navy.mil/Safety/index.htm, look for the link "Safety Checklist." Just know that these lists are not all-inclusive. If you don't find the checklist you're need, call our office at 474-3953 ext. 358 or email us and we'll be happy to assist you.

2004 NAVY REGION HAWAII SEAT BELT SURVEY

Drivers wearing seat belts: 91%
Passengers wearing seat belts: 87%

Electrical Fires: Prevention and Extinguishing

Electricity can be a potent fire source. Many people have lost their house from old or defective wiring. Overloaded wiring can be very dangerous. It is safer and more efficient to install new circuits.

Potential Electrical Fire Hazards

Potential electrical fire hazards are everywhere. A build up of dust, trash and spider webs is an invitation for fire to start in the electrical system. Good housekeeping greatly reduces the odds for a fire.

Unprotected light bulbs in work areas are another potential hazard. They can be hit and broken causing a fire. Electrical wiring can be hit when drilling holes or driving nails in walls causing a fire.

If an electrical fire starts at a wall outlet, pull the plug by the cord or turn off the main switch. Call the fire department, give them your address and tell them it's an electrical fire. If the fire is small, use your home CO2 fire extinguisher. Never put water on an electrical fire. If in doubt, get everyone out. If the fire is large, call the fire department and try to turn off the main power source. Do not try to handle the fire yourself.

Remember:

- ◆ Never put water on an electrical fire.
- ◆ Use a CO2 fire extinguisher if the fire is small.
- ◆ Protect all circuits with a fuse or circuit breaker.
- ◆ Don't overload circuits or bypass the circuit protection.

ASK THE EXPERTS

IF YOU HAVE SAFETY QUESTIONS AND NEED ANSWERS

Email: Safety@pwcpearl.navy.mil

Question: Our department has been notified that Safety will be performing a workplace inspection. Is there a standard checklist that we can get in advance so we will know what you will be looking at?

Answer: Our Safety Specialists are well versed on what to look for during an inspection and they don't use a checklist. However, we do have a variety of checklists for various jobs on our Safety Web Site that you download in advance that shows the majority of items we will check

Training Reminders

(At Bldg. X-11 unless otherwise noted)

Lockout/Tagout

8 Apr - 0715-1100

Safety Indoctrination

PWC/PACDIV

13 Apr - 0800-0930

Respirator Training

Bldg. 40

15 Apr - 0730-0930

AAA DIP

(Under 26/volunteer)

19 Apr - 0700-1500

Fall Protection Training

27 Apr - 0730-1100

AAA (Offender) Training

28 Apr - 0700-1500

Motorcycle ERC Course

Ford Island

30 Apr - 0730-1430

Safety Director

(808) 474-3953, Ext. 358

Mgmt Analyst

(808) 474-3953, Ext. 358

Compliance Division

(808) 474-3953, Ext. 355

Evaluation Division

(808) 474-3953, Ext. 340

Industrial Hygiene Division

(808) 474-3953, Ext. 366